



# Prime Time News

## August 2016

Fitchburg Senior Center  
Volume VI Issue 8

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## "Like Us"

On Facebook!

Fitchburg Senior Center,  
WI

### Added Footcare

We now have  
fourth Monday  
Footcare.  
See Page 8

### Why we love the Packers!

Take a trip back in time with more than 300 photos of Green Bay Packers history.

Author Jim Rice brings photos of his collection of Packers memorabilia that traces the history of the team from 1919 to present. After writing four books on football history, Rice shares what he's learned through his collection of Packers memorabilia.



August 30, 12:30 p.m.



### FSCF—Ice Cream Social-Sept. 3,4 & 5



FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaarden's Old Fashioned Ice Cream Social on Labor Day weekend. Your donations will go to support Fitchburg Senior Center's "scholarships for activities for needy seniors". Also, on September 11, FSCF will be serving at the Eplegaarden Snack Stand for Grandparents Day. Bring the family for a picnic snack before or after picking your apples. Thanks to Betty Forest and family, and Rami Aburomia for their support of our fundraising efforts.

### 2016 Senior Advocacy Training

On behalf of the Area Agency on Aging of Dane County, we are pleased to invite you to participate in the 2016 Senior Advocacy Training (SAT) which will be held on August 9, 16, and 23 at the AAA/ADRC office (2865 N. Sherman Ave., Madison, WI 53704). The three sessions will run from 8:30 a.m. to 12:30 p.m. on consecutive Tuesdays with a final session scheduled to occur at the Dane County Budget Hearing (date to be determined in September) at the Alliant Energy Center. We are suggesting a \$10 fee to cover all three classroom sessions, but this can be waived if it creates any barrier to your participation.

Guest speakers include: US Senator **Tammy Baldwin** (invited), State Rep. **Dianne Hesselbein** and Dane County Executive **Joe Parisi**.

If you are interested in attending or have questions about the training, please contact: Ester Olson at 608-335-3207 / [emolson2@wisc.edu](mailto:emolson2@wisc.edu)

# New Offerings For You!

P.2

## The RETIREE REBELS are back



Join the discussion about the

### NEXT STEP(s):

### Reinventing Your Life in Retirement

For the Nearly-and-Newly retired, putting one foot in front of the other can be challenging, confusing, scary and exciting, all at the same time!

Carol Larson and Mary Helen Conroy return to the Fitchburg Sr. Ctr. to lead three discussions.

### ASKING

“What are the next steps in your reinvention?”

We will be using the tools of Review, Retreat and Reinvention to help you find your next steps.

Tuesday, AUGUST 9, 2016 at 10:30 a.m.

Registration recommended. Call 270-4290.

## Annual Golf Cart Ride



The annual golf cart ride is here! Our trip will take us along the scenic Military Ridge Bike trail from Verona to Mt. Horeb. The ride will take approximately 1 ½ hrs each way. We will enjoy lunch at The Grumpy Troll before heading back to the Verona trail head.

**When:** Tuesday, August 16, 2016  
(Rain date August 23)

**Where:** Hwy PB trailhead in Verona. Call for directions or use google maps. If you need transportation, please let us know.

**Time:** 10:00 a.m.-3:00 p.m.

**Cost:** \$10 per person. Payment due upon sign-up. Make checks payable to the Fitchburg Senior Center.

*Thank you in advance to the*  
**TIZIANI GOLF CAR CORPORATION**  
*for the golf cart donation.*



## Learning Annex— Dane Buy Local!

Originally known as the Dane County Buy Local Initiative, Dane Buy Local was founded in 2004 as a program of Wisconsin Partners for sustainability. Dane Buy Local members demonstrate the breadth of locally owned businesses and nonprofits in the area. Whether you are dining, shopping, relaxing, volunteering, or working they encourage you to Think Local First! They support public awareness campaigns to support their mission. Learn more about their mission and goals from their Executive Director Colin Murray.

Tuesday, August 16 at 2:00 p.m.

## Ukulele Group



The Tuesday Uke group will continue to meet at 1:00 p.m. **(Will not meet Aug. 2 or 9).** Players with some experience are welcomed. Please call Judy before coming to your first session: 608-514-3274.

**You Can Uke** one hour workshops will take place Wednesdays, August 17 **or** 31 from 10:00-11:00 a.m. \$10 fee includes booklet of songs and use of ukulele for the session of your choice.

Please call 270-4290 to register & pay.

# Groups

## Men's Group

Join us for our next meeting on

**Tuesday, August 9 at 2:00 p.m.**

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Men's Group on the left side.

**Active Women's Group** Join us for our next meeting on



**Tues., Aug. 23 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Active Women's Group.

**Dine Out**

## Couples Dinner Group

On Tuesday, August 16, The Couples Monthly Dinner Group will go for a three-hour deluxe dinner cruise on the Betty Lou on Lake Mendota. We still have openings for two couples. The cost is \$56.75 per person and is nonrefundable. If you are interested in joining the group for this event, call Daniel Bach ASAP at 608-288-0406 for details and to sign up.

# Tech W/ David



## Facebook Explained W/ David & Lisa

Join David Hill and special guest, Lisa Sandford (City of Fitchburg Facebook Page admin) as we set out to explain the new look of Facebook. When Facebook was first created and for that matter, many years thereafter it was a tool to find friends and family. Today, Facebook has newer features such as "news feeds" and targeted links that provide useful content that forms to your interests. Come learn and give your own two cents on Facebook. We will do an overview, a couple of videos and explain the City Facebook pages. Call 270-4290 to register.

**Monday, August 29 at 10:30 a.m.**

## Find us on Facebook



### SENIORS DIG TECH

Contact: David Hill (608)270-4292  
[david.hill@fitchburgwi.gov](mailto:david.hill@fitchburgwi.gov)

Get the latest updates on tech trends that apply to you!  
Missed one of David's tech classes? You can find it in full replay on this page!

## Volunteer Needed

Do you like to walk and exercise your body and your mind? If so, this is the perfect volunteer job for you! We are seeking a volunteer to match with an older adult in Fitchburg to walk and do other simple exercises, to play games and participate in social activities. The program is called LEEPS which stands for Language Enriched Exercise Plus Socialization. You will receive materials and training to help you as you help others. Please contact Joy Schmidt at 608-240-7472 or [schmidt.joy@countyofdane.com](mailto:schmidt.joy@countyofdane.com)



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# Art



## Drawing & Painting Workshop W/ Mary McCormick-Wixon

Need a place to work on your drawings or paintings?  
Need help with techniques or composition? Like to  
work with other like-minded artists? Would you like  
to work in a 2-D medium that is non-toxic and odor-  
less? If so, please join us! August 2, 9 and 16.

Per class—\$20.

Tuesdays from 1:00-4:00 p.m.

Call 270-4290 to register and pay.



## Cards With Katie

Join us for an afternoon of paper crafting on  
**Monday, August 8 at 1:00 p.m.** Stamp – cut –  
punch – glue – and have fun playing with paper.  
For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com) or  
log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week  
prior to class. You must call 270-4290 to register.

**AARP Driver Safety—coming this fall!**  
Check with your insurance agent to see  
if you qualify for a discount!

# Travel

## Extended Travel opportunities:

Consider going on **The Arkansas Autumn Foliage** motor coach tour sponsored by Mayflower this fall. The October 4-9 tour featuring **Hot Springs** and **Branson** includes:

- ◆ Sunset Dinner Cruise in Hot Springs
- ◆ Tour Hot Springs National Park & Gangster Museum of America
- ◆ Ride the Arkansas Missouri Scenic Railroad from the quaint town of Van Buren to the top of the scenic Ozark Mountains and then on to Branson.
- ◆ Dinner and entertainment aboard the Showboat Branson Belle
- ◆ Two Branson shows

**Cost is only \$1,349 per person twin room; add \$419 for single room**

**Seats are available but reservations should be made soon!**

The annual Travel Show is scheduled for September 29 from 2:00-4:00 p.m. in the Fitchburg Senior Center Dining Room. Come and hear details from the travel company reps about the **six trips** planned for 2017!

Questions or information requests can be sent to Judy Broad at [JBST@Charter.net](mailto:JBST@Charter.net) or by phone 271-9077.

## 2 EYEZ 4 PAWZ

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[www.dilletcompany.com](http://www.dilletcompany.com)



# Book Clubs

## REACH Book Club

We will be taking a break during August. Books for the coming year were chosen at the June meeting. We will resume on September 8, 2016 with a discussion of the book, *The Lowland* by Jhumpa Lahiri.

Other selections for the year are:

**October:** *The Language of Flowers* by Vanessa Diffenbaugh

**November:** *All Girl Filling Station's Last Reunion* by Fannie Flagg

**December:** *Gift from the Sea* by Anne Morrow Lindbergh (Classic)

**January:** *In the Lake of the Woods* by Tim O'Brien

**February:** *Leaving Time* by Jodi Picoult

**March:** *Station Eleven* by Emily St. John

**April:** *The Kitchen House* by Kathleen Grissom

**May:** *The Children's Blizzard* by David Laskin

**June:** Choose books for the next year

Be sure to save this list for future reference.

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.



**Mystery Book Club** - Thursday, August 25, 2016 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). We will discuss the book, *Cell* by Robin Cook. George Wilson, M.D., is a radiology resident in Los Angeles, when the smartphone is poised to take on a new role in medicine, as a fully customizable personal physician called iDoc. He awakens one morning to find his fiancée dead in bed alongside him, not long after she participated in an iDoc beta test. Then several of his patients die after undergoing imaging procedures. All of them had been part of the same beta test.

# P.L.A.T.O

## Novels Old and New

Mondays from 1:00 to 3:00 p.m., at the Fitchburg Senior Center. We will read the following novels in order: *Sister Carrie* by Theodore Dreiser; *The Fixer* by Bernard Malamud, *The Harder They Come* by T.C. Boyle; *Euphoria* by Lily King; and *The Sparrow* by Mary Doria Russell.

First meeting will be on Monday, Sept. 26. For further information, please call 262-5823 or email: [info@platomadison.org](mailto:info@platomadison.org)

## PLATO – Virginia Woolf

On Fridays, 10:00 a.m. -12:00 p.m., from Sept. 30 to Dec. 9 (excluding Nov. 25,) a PLATO (Participatory Learning and Teaching Organization) class will meet to discuss readings from Virginia Woolf

Description: "We will read the works of Virginia Woolf beginning with Mrs. Dalloway and select additional work as time allows."



**Thursdays 3 - 6**

**May—October**

**SPECIAL EVENTS 2016**  
 Strawberry Fest ♦ June 16  
 Kids Fest ♦ July 21  
 Summer Fest ♦ August 18  
 Fall Fest ♦ September 15

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# Games/Movies & More

## Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Cribbage—looking for players—call.

## \$20 Blackout Bingo!! August 11

Special sponsor:

**Comfort Keepers**

\$20 jackpot!

Game begins promptly at 12:30 p.m.



## Don't Forget!

For weekly updates, visit our web page at  
[www.fitchburgwi.gov/621/Senior-Center](http://www.fitchburgwi.gov/621/Senior-Center)

and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."

## Movie Day— Star Wars Episode VII

Fri. Aug. 19 at 12:40 p.m. 136 -minute run time. 92% Rotten Tomatoes rating and FREE popcorn!!!



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# Exercise Opportunities

P.7

## Ping Pong

Friday – 9:00 a.m. Play in matches, it's fun!  
Call David at 270-4292 for more details



## Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

## Yoga W/ Kurt—Summer Sessions

August 1,8,15,22&29. \$35—five weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



## Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



## Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.  
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level.

Thursday Outdoor play at the Swan Creek or McGaw tennis courts. 9:00—11:00 a.m. All levels—two courts! Learn more about places to play and meet others: [www.madcitypickleball.com](http://www.madcitypickleball.com)



Tai Chi



## Tai Chi Thursdays

8:30 a.m.

Cost—\$2 drop-in.

## Zumba Gold w/ Jackie

Next session starts Sept. 9 for eight weeks.  
\$50/drop-in \$7. 10:00-10:45 a.m.  
Call 270-4290 to register.



## Dancing Update For Summer/Fall

Mike and Deb Moe will be offering dance lessons in the Fall, starting Sept 23, 2016. The first five weeks of lessons will be Waltz.

For more information call Mike & Deb at 608-655-3250 or email [mmoea@aol.com](mailto:mmoea@aol.com).



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# Transportation Services <sup>P.8</sup>

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

**Shuttle Service**—This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

### Footcare/Fingernail—

Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide  
2 towels.

### Pre and Diabetic Footcare

**August 19**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

### Blood Pressure

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month  
10:30-11:30 a.m.  
No appt. needed.

### Massage Therapy

June Newman  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

### Massage/ Reflexology

Gregory Newman  
LMT,NCTMB.  
Wed. Afternoons

### Massage

Denny Ginko  
Call for  
dates/times

### Cost:

\$30 for 30 min.  
\$50 for 60 min.  
\$70 for 90 min.

Cancellations must be  
made 24 hrs in advance to  
avoid being charged.

Call 270-4290



## Social Services

### Senior Center Help

- ♦ Home visits
- ♦ Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
  - ♦ Insurance
- ♦ Medicare/Part D
  - ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

### Caregiver Support

If you are caring for a loved one with dementia, you are not alone.  
Join us on Thursday, Aug. 11 at 10:00 a.m.

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## Class Registration/Payment

Class: \_\_\_\_\_

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Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

## 2016 Newsletter Subscription \$10

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2016 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pick up the newsletter for free or have it emailed to you. Call David for details.

Return to: 5510 E. Lacy Rd. Fitchburg, WI  
53711



## Meet, Greet & Eat

A showcase of activities that go on at the Fitchburg Senior Center for People 50+

Free hors d'oeuvres & drinks (donation asked for beer & wine)

Thursday, September 22 - 4:00 - 6:30 p.m.



Scholarships equaling \$69 were granted in June by Friends

Friends distributed \$109 to persons with Special Needs in June.

Come to the Travel Show on Thursday, September 29. Six different trips will be presented.



## Hookers Wanted!

For over 20 years the Fitchburg Senior Center has been home to a group of rug hookers that meet 2x/ month to work on projects, share ideas and enjoy each other's love of the craft. They follow American Traditional Rug Hooking which uses a wider cut wool fabric. Members generally design their own patterns, although purchased designs are used at times. If you have any interest in learning more or would like to join them, please drop in anytime!

The group is open to all from beginners to advanced and meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 10 a.m.-12 p.m. at the Senior Center. Any questions please call the Senior Center at 270-4290.

Fitchburg Senior Center  
5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



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David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
Amy Jordan, Social Worker  
Sarah Folkers, Social Worker  
Susan Hoerchner, Office Asst.



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Elder Law and Special Needs Planning



# August 2016



Fellowship, Food &amp; Fun

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Salisbury Steak Brown Rice Carrots Pineapple Rye Bread Cookie <b>VO- Veggie Meatballs</b>	Chicken Broccoli Rotini Salad V-8 Juice Fresh Nectarine Dinner Roll <b>VO-Cheese Broccoli Rotini Salad</b>	Hamburger on Bun Lettuce/Onion Buttered Corn Fruit Cocktail Cake <b>VO-Veggie Patty</b>	Spaghetti w/ meat sauce Parmesan Cheese Mixed Greens Pear Slices Garlic Bread. <b>VO-Vegetarian Meat Sauce</b>	*BBQ Chicken Potato Salad Cucumber Salad Tropical Fruit Salad Dinner Roll Lemon Bar <b>S.M.- Mt. Horeb</b> <b>V.O: Veggie Sausage</b>
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
*Brat/Bun Sauerkraut Chunky Applesauce Cookie <b>VO-Veggie Dogs</b>	Three Cheese Lasagna California Mix Orange Bread Stick Sherbet	Pizza Casserole Italian Green Beans Grape Juice Small Croissant Strawberry Short Cake <b>VO- Vegetarian Casserole</b>	Roast Beef/Gravy Roasted Red Potato Roasted Vegetables Jell-O w/Peach Multi Grain Bread <b>VO-Hummus Wrap w/Lettuce, Tomato &amp; Cukes</b>	Chicken Salad on Bun w/Lettuce Copper Penny Salad Water Melon Cookie <b>VO- Egg Salad on Bun</b>
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Tomato Barley Soup Crackers *Ham & Swiss on Croissant w/Lettuce Orange Bar <b>VO- Cheese Sandwich</b>	Swiss Steak Brown Rice Mixed Green Salad Pears W.W. Bread Cookie <b>VO- Meatless Swiss Mix over Rice</b>	*Roast Pork w/Gravy Mashed Potatoes Corn Fruit Cocktail W.W. Bread Pudding w/Topping <b>VO-Veggie Patty</b>	Spaghetti w/ Meat Sauce Peas Banana Garlic Bread Parmesan <b>VO-Vegetarian Sauce</b>	*BBQ Rib Baked Beans Coleslaw Mixed Fresh Fruit Jalapeno Corn Bread Peach Cobbler <b>V.O: Veggie Sausage</b>
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
*Augratin Potatoes w/Diced Ham Mixed Vegetables Fresh Peach Rye Bread Ice Cream <b>VO-Vegetarian Augratin Potatoes</b>	BBQ Chicken Baked Potatoes w/Sour Cream Green Beans Jell-O w/Fruit Cocktail W.W. Bread <b>VO-Baked Potato w/Veggie Cheese Sauce</b>	Shrimp Pasta Salad German Cucumbers Apricots Half W.W. Bread/Marg Ice Cream <b>VO-Hummus in a Pita w/Lettuce, Grated Carrots &amp; Diced Peppers</b>	American Chop Suey Brown Rice Buttered Oriental Mix W.W. Bread/Marg. Strawberry Shortcake <b>VO- Vegetarian Chop Suey</b>	Turkey Roast w/Gravy Mashed Potato/Gravy Broccoli Pears W.W. Bread Bar <b>VO- Veggie Meatballs</b>
Monday 29	Tuesday 30	Wednesday 31	<b>Salad Option Thursdays</b> (Salads are dine-in only) <b>4<sup>th</sup> - Garden</b> <b>11<sup>th</sup> - Taco</b> <b>18<sup>th</sup> - Chef</b> <b>25<sup>th</sup> - Chicken Ranch</b> <b>*Meal has pork product</b> <b>Reservations <u>must</u> be made by <u>12:00 the day before</u> by calling 270-4290</b> 	
*Stuffed Pork Chop. Rice Pilaf/Butter Roasted Vegetables Fresh Fruit Dinner Roll Strawberry Rhubarb Pie <b>S.M.- Verona</b> <b>V.O. Veggie Lasagna</b>	Chicken Macaroni Salad Three Bean Salad Fresh Apple W.W. Bread Lemon Dessert <b>VO-Pasta Salad w/Cheese</b>	Cheeseburger w/ Lettuce & Tomato Pea Salad Mandarin Oranges Ice Cream Treat <b>VO- Egg Salad Sandwich</b>		



# August 2016

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																				
1 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	2 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Target 12:45 PM Euchre 1:00 PM Mahjong	3 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	4 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM FSC Friends  12:30 PM Bingo!! 1:00 PM Sheepshad	5 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
8 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	9 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Woodmans 10:00 AM Hookers 10:45 AM Library Shuttle 2:00 PM Men's Group	10 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	11 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 10:00 AM Caregiver Support 12:30 PM Bingo!! 1:00 PM Sheepshad 1:30 PM Book Club	12 8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
15 8:30 AM Aerobics 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Open Art	16 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-HyVee/Aldis 12:45 PM Euchre 2:00 PM Learning Annex	17 8:30 AM Aerobics 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	18 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball <u>10:30 AM Blood Pressure- walk in.</u> 12:30 PM Bingo!! 1:00 PM Sheepshad	19 8:30 AM Aerobics 9:00 AM Ping Pong <u>10:00 AM Shop-Copps</u> 10:00 AM Zumba 11:00 AM F-Fitness 12:40 PM Movie Day 2:00 PM Scrabble Diabetic Footcare																																																																																				
22 8:30 AM Aerobics <u>9:00 AM Footcare</u> 9:00 AM Yarn Group 9:45 AM Aerobics 10:00 AM Bridge 11:00 AM F-Fitness 1:00 PM Dominos	23 8:30 AM Pickleball 8:30 AM Quilters 9:30 AM Shop-Walmart 10:00 AM Hookers 1:00 PM Women's Group Social Hour 2:00 PM Women's Group	24 8:30 AM Aerobics 9:00 AM Footcare 9:45 AM Aerobics 10:00 AM Bike Group 11:00 AM F-Fitness 1:00 PM Bunko	25 8:30 AM Cross Stitch 8:30 AM Tai Chi 9:00 AM Outdoor Pickleball 12:30 PM Bingo!! 1:00 PM Sheepshad 1:30 PM Mystery Book Club	26 8:30 AM Aerobics 9:00 AM Ping Pong 10:00 AM Zumba 11:00 AM F-Fitness 2:00 PM Scrabble																																																																																				
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# Aging Mastery Program®

Join the adventure!



## Aging Mastery Program®

*National Council on Aging*

**Wednesdays  
Sept 7th to  
Nov 9th  
5:30pm - 7:30pm  
Light dinner  
provided!**

The Fitchburg and Oregon Area Senior Centers are offering a second series of the 10-week Aging Mastery Program to be held at the Oregon Senior Center.

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this ten week program, you will:

- Gain impactful changes in your health behaviors, financial well-being and enrichment later in life.
- Increase your knowledge in the following areas: exercise, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, fall prevention and community engagement.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.

**Limited spots available: Sign up now!**

AMP will launch on Wednesday, September 7<sup>th</sup>, 5:30pm-7:30pm and will include a light dinner each week. Registration deadline is September 1<sup>st</sup>. This series will take place at the Oregon Area Senior Center, 219 Park Street, Oregon.

**ncoa**  
National Council on Aging



Register today by calling the Oregon Area Senior Center at 835-5801 or email [akoelsch@vil.oregon.wi.us](mailto:akoelsch@vil.oregon.wi.us) by September 1<sup>st</sup>.

**The value of this program is over \$100, but you only pay \$25! All payments should be dropped off or mailed to the Oregon Area Senior Center. Please make checks payable to the Fitchburg Senior Center as they are the fiscal agent for the program.**